

Buckwheat Bread

If you're suffering from a gluten or wheat sensitivity you'll know exactly how difficult it is to find alternatives to bread, but with the Thermomix you can easily make your own! This is a great everyday bread recipe from the Good Food, Gluten Free recipe book – perfect for sandwiches, buttered for soup, served with salad, or even toasted for breakfast.

The Good Food, Gluten Free book is part of our January promotion! Ask your consultant or our head office for more information.

NB: Suitable for both TM5 and TM31

Active Time: 20 min
Total time: 2hr 5 min
Recipe makes: 12 slices

Ingredients

60 g parmesan cheese, crust removed and cut into pieces (3cm)
3 sprigs fresh flat-leaf parsley, leaves only
140 g buckwheat
200 g basmati rice
140 g arrowroot flour
40 g chia seeds
1 tsp xanthan gum
1 tsp paprika
1 tsp salt
400 g water
15 g white sugar
2 tsp dried instant yeast
30 g olive oil, plus extra for greasing
1 tbsp rice wine vinegar
2 eggs

USEFUL ITEMS

Loaf tin (27 x 10 cm)
Baking paper
2 bowls
Plastic wrap
Wire rack



Method

1. Grease and line a loaf tin (21 x 10cm) with baking paper and set aside
2. Place parmesan cheese and parsley into mixing bowl and grate **5 sec/speed 9**. Transfer into a bowl and set aside.
3. Place buckwheat and rice into mixing bowl and mill **1 min 30 sec/speed 9**.
4. Add arrowroot flour, chia seeds, xanthan gum, paprika and salt and mix **6 sec/speed 6**. Transfer into a separate bowl and set aside.
5. Place water, sugar, yeast, oil, vinegar and eggs into mixing bowl and heat **2 min/37°C/speed 2**, then mix **15 sec/speed 6**. Scrape down sides of mixing bowl with spatula.
6. Add reserved flour mixture and half of the reserved Parmesan mixture and knead for **1 min/knead**. Pour batter into prepared loaf tin, over with plastic wrap and set aside to prove for approx. 1 hour, or until nearly risen to the top of the tin.
7. Preheat oven to 210°C.
8. Sprinkle loaf with remaining Parmesan mixture and bake for 35 minutes (210°C) or until golden. Allow to cool in tin for 5 minutes, then turn out onto a wire rack to cool completely before serving.